

Regulation on Nutrition Labeling for Packaged Food

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1 In recent years, the people of Taiwan have gained an increased understanding on nutrition and health consciousness. Many developed countries have also implemented a nutrition labeling system for packaged food. The nutrition labeling regulations of Taiwan are henceforth established in order to meet consumers' demands, foster their knowledge of nutrition labeling and provide them with information required when purchasing packaged food.

2.A nutrition claim refers to any representation which states, suggests or implies that a food product has particular nutrition properties (e.g. rich in vitamin A, high calcium, low sodium, cholesterol-free, high fiber, etc.) . However, a description of the ingredients contained in a food product (e.g., the food product contains such ingredients as maltodextrin, corn oil, lecithin, calcium carbonate, vitamin A palmitate, vitamin B2 and vitamin D3, etc.) is not a nutrition claim.

3. The nutrition labeling for a packaged food on the market shall provide the following information shown at a conspicuous place of the outer package or container of the product:

1) Items of labeling

a) Title of the "Nutrition labeling"

b) Energy contents

c) Amount of protein, fat, saturated fat, trans fat, carbohydrate and sodium contained (note that the carbohydrate herein includes dietary fiber)

d) Contents of other nutrients declared in the nutrition claim

e) Contents of other nutrients labeled by the manufacturer voluntarily

2) With respect to the amount of energy and nutrients contained, the labeling value for solid (semi-solid) food shall be expressed in units of 100 grams or grams per serving, and for liquid food (drinks), in units of 100 milliliters or milliliters per serving. If the value is expressed on per serving basis, the number of servings contained in each package of the product shall also be specified.

3) Labeling unit for the contents of energy, nutrients and trans fat:

The amount of energy contained in a food product shall be expressed in kcal, that of protein, fat, saturated fat, carbohydrate and trans fat in gram, that of sodium in milligram, and that of other nutrients in gram, milligram or microgram whatever being appropriate.

4) Daily Value of Nutrient Intake:

Each nutrient may further be expressed in percentage of Daily Value of Nutrient Intake, though the following numerical value shall serve as the basis of and shall be noted as the Daily Value of Nutrient Intake:

Daily Value of Nutrient Intake	
Nutrient	Value
Energy	2000 Kcal
Protein	60 gram
Fat	55 gram
Carbohydrate	320 gram
Sodium	2400 mg
Saturated fatty acids	18 gram
Cholesterol	300 mg
Dietary fiber	20 gram
Vitamin A	600 mcg
Vitamin B1	1.4 mg
Vitamin B2	1.6 mg
Vitamin C	60 mg
Vitamin E	12 mg
Calcium	800 mg
Iron	15 mg

5) Rule of rounding-off: Nutrients shall be expressed in not more than three significant figures and each serving, contents of energy, protein, fat, carbohydrate and sodium shall be expressed in integer or to the first place of decimal.

6) The nutrient contents of energy, protein, fat, carbohydrate, sodium, saturated fat, sugars and trans fat may be labeled as "0" if it meets the criteria in the following chart: trans fat refers to edible oils that become non-conjugated fatty acids after partial hydrogenation.

Nutrient Criteria for being labeled as "0"	
Nutrient	Criteria for being labeled as "0"
Energy	Nutrient content is less than 4 Kcal for 100 gram of solid (semi-solid) food or 100 ml of liquid food
Protein	Nutrient content is less than 0.5 gram for 100 gram of solid (semi-solid) food or 100 ml of liquid food
Fat	
Carbohydrate	
Sodium	Nutrient content is less than 5 mg for 100 gram of solid (semi-solid) food or 100 ml of liquid food
Saturated fatty acids	Nutrient content is less than 0.1 gram for 100 gram of solid (semi-solid) food or 100 ml of liquid food
Trans fat	Nutrient content is less than 0.3 gram for 100 gram of solid (semi-solid) food or 100 ml of liquid food
Sugar	Nutrient content is less than 0.5 gram for 100 gram of solid (semi-solid) food or 100 ml of liquid food

4. Examples of labeling items and methods: If the nutrition labeling format requires the additional labeling in percentage of the Daily Value of Nutrient Intake, then none needs to be expressed for trans fat.

Nutrition Labeling(一)	
Nutrition Labeling	
Serving size='+0'	gm (ml)
This package contains	servings
Per serving	
Energy	Kcal
Protein	gm
Fat	gm
Saturated fat	gm
Trans fat	gm

Carbohydrate	gm
Sodium	mg
Content of other nutrient claimed	
Content of other nutrients	

Nutrition Labeling(二)	
Nutrition Labeling	
Per 100 gm(ml)	
Energy	Kcal
Protein	gm
Fat	gm
Saturated fat	gm
Trans fat	gm
Carbohydrate	gm
Sodium	mg
Content of other nutrient claimed	
Content of other nutrients	

Nutrition Labeling(三)	
Nutrition Labeling	
Serving size='+0'	gm (ml)
This package contains	servings
Per serving	Per 100 gm(ml)
Energy	Kcal Kcal
Protein	gm gm
Fat	gm gm
Saturated fat	gm gm
Trans fat	gm gm
Carbohydrate	gm gm

Sodium	mg	mg
Content of other nutrient claimed		
Content of other nutrients		

Nutrition Labeling(四)	
Nutrition Labeling	
Serving size='+0'	gm (ml)
This package contains	servings
Per Serving Percentage of Daily Value of Nutrient Intake* provided by per serving	
Energy	Kcal %
Protein	gm %
Fat	gm %
Saturated fat	gm %
Trans fat	gm
Carbohydrate	gm %
Sodium	mg %
Content of other nutrient claimed	
Content of other nutrients	

*Daily Value of Nutrient Intake:2000 Kcal of energy, 60 gram of protein, 55 gram of fat, 18 gram of saturated fat, 320 gram of carbohydrate, and 2400 mg of sodium.

Nutrition Labeling(五)	
Nutrition Labeling	
Per 100 gm(ml)	Percentage of Daily Value of Nutrient Intake* provided by per 100 gm(ml)
Energy	Kcal %
Protein	gm %
Fat	gm %

Saturated fat	gm %
Trans fat	gm
Carbohydrate	gm %
Sodium	mg %
Content of other nutrient claimed	
Content of other nutrients	

Daily Value of Nutrient Intake: 2000 Kcal of energy, 60 gram of protein, 55 gram of fat, 18 gram of saturated fat, 320 gram of carbohydrate, and 2400 mg of sodium.